

AL.1. 870

ZOOT

THE MAGAZINE

STAY COOL!

MUSIC BIOS



Bryan Adams

JULY - AUGUST '87

JUST
FOR
TEENS!

PLAY IT SMART



WHEN YOU DRIVE DON'T DRINK

by Roxy Porter

"Play It Smart" is all about caring about other people. Maybe little kids. Or even a friend. Drinking and good times don't have to go together. All you need for a good time is your friends.

"Play It Smart" is the slogan for the campaign sponsored by the Government of Canada's Department of Health and Welfare that you may have seen on television lately. That's why these faces seem familiar!

Write in and tell us how you "Play It Smart." What's one tip that you would pass on to make sure that your friends don't drink and drive?

We'll print your solutions in a future issue of ZOOT, The Magazine.



Photo: Courtesy of Government of Canada's Department of Health and Welfare

Reader's Digest

HIGH SCHOOL CHALLENGE

\$100,000 IN SCHOLARSHIPS TO FIGHT TEENAGE DRINKING AND DRIVING



BY ROXY PORTER

When *Reader's Digest* issued a challenge to high schools across Canada to develop the best student-run program against teen drinking and driving, they didn't expect 95 schools to respond with such fantastic and innovative projects.

Students came up with poster contests, plays, workshops for neighboring schools, radio and TV commercials, sobriety tests at school functions and celebrity endorsements.

Representatives from 20 high schools across Canada attended the *Reader's Digest* High School Challenge Against Teenage Drinking and Driving awards ceremony to receive \$100,000 in university scholarships.

Two groups of Alberta teens won \$5,000 scholarships for their programs.

The first group, a combined force of students from Winston Churchill High School, Immanuel Christian Catholic Central High School and Lethbridge Collegiate Institute, involved 2,810 students in a joint program which included SafeGrad, a designated driver program and a SOCK (Surrender Our Car Keys) system at school dances.

The other winning group from Calgary's Crescent Heights Senior High School conducted intramural activities involving games of coordination and skill to demon-

strate the results of impairment, included local businesses and celebrities in displays and created wallet-sized cards called Contracts For Life. Crescent Heights High School is also the home of Teenagers Against Drinking and Driving (TADD). For more about TADD and the two Alberta teens, Stacey Schram, 17, and Sara Stainton, 16, who are the driving force behind it, turn to our "ZOOT Scoops" on page 4.

"FRIENDS FOR LIFE"

We agree to call one another for advice and/or arrange sober transportation at any hour, from any place, if ever in a situation where we have been drinking or a friend or date who is drinking has been drinking.

Signed _____ Signed _____

Signed _____ Signed _____

Date: _____

TADD

TEENAGERS AGAINST DRINKING & DRIVING ASSOC.

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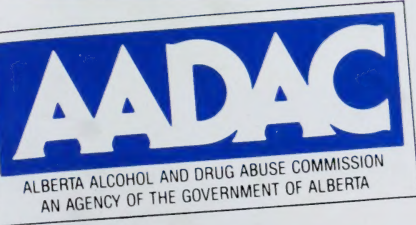
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"Your mistakes are the only thing that you can truly call your own."

- Billy Joel

This saying is posted on the mirror in my room these days - just to remind me that it's okay to look back and respect some of the things I'd rather forget!

I've learned a lot from my mistakes, most of which I managed to collect during a series of summer jobs. One year I worked as a playground supervisor and I locked the keys to the community centre inside the building so many times that I eventually began to wear them on a chain around my neck! Another summer I had a taste of working with all types of people as a salesclerk in a jewellery store, where I was responsible for a number of small repairs to the most delicate items. A steady hand and the ability to concentrate amidst hordes of shoppers became important job skills.

Yet another summer, I conducted bicycle safety tests and had so many tires run over my feet that my toes have never been the same. Everyday, people came to our testing course to cheer on their friends, even though many were running the course in a desperate effort to pass the test. By then I had begun university and a summer job was necessary to keep

my car in driving condition and the tuition bills paid. As a result, I juggled several jobs and experienced time management skills first hand.

Despite the fact that I was always busy, I began to carefully select the activities I really enjoyed. Reading, swimming and playing the guitar let me relax and appreciate the difference between active and passive energy.

My time became more precious because I chose how to spend it. Those decisions helped me learn about where my energy came from and different ways I could develop it. Just because you don't appear to be doing anything, it doesn't mean you are not busy. You may be just taking the time to recharge and reflect on where you've been. Or planning how you're going to get to where you want to be.

Either way, it's time well spent because you are getting to know yourself better.

And for me, that means being able to accept all those disastrous mistakes that I thought I could never live through. But I did and I wouldn't trade them for anything. I learned something from every one of them. In fact, I'm proud of my mistakes - they are mine!

You'll notice a larger ZOOT this time around. We're filling 32 pages with great, exciting information.

Read more about the challenge of creating your own energy in "Getting Good at a Good Time" (pages 24-25) and "The Volunteering Wave" (pages 10-11). Check out the "Top Ten Ways to Re-Energize" in "Bodyworks", have a laugh at our quiz on embarrassing moments, and, until next time, go for it!

Roxy Porter, Editor

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ZOOT SCOOPS

JUMP!

BY KATE YORGA

Dust off that skipping rope you threw in the back of the closet at the end of grade school: Morinville teens can show you creative rope skipping tricks that make a pretzel position seem easy.

The fun begins with intricate routines like back-handsprings within a Double Dutch setup—that's when two people hold different ropes in each hand and rotate the ropes in opposite directions.

Laverne Dewald, an instructor at the Georges H. Primeau High School, got the Morinville school involved in a creative rope skipping program four years ago after seeing demonstrations on an American television program. The team, named "Pulse Raters," began with 13 Grade 7 guys and expanded to a co-ed team of 42 students from Grades 7 through 12.

Unlike American programs in which skippers are groomed from elementary school in preparation for joining the skipping team in junior high, Dewald says most of the team "had never seen a skipping rope before in their lives."

The "Pulse Raters" are a demonstration team and this year they will perform between 75-100 demonstrations at schools, shopping malls, and private functions.



Being a "Pulse Rater" means practising from 7:30 to 8:00 a.m. up to five mornings a week from October to May, and learning the minimum 100 basic tricks before you can travel with the team. When you reach the advanced level, you must perform 500-600 tricks.

The "Pulse Raters" want to show people rope skipping is a great way for anyone to have fun and keep fit. The Alberta Heart Foundation "Jump Rope for Heart" program supports their efforts with skipathons that follow the group's rope skipping demonstrations at schools.

For more information on "Jump Rope for Heart," contact your local Alberta Heart Foundation office.



Photo: Ric Kokotovich

TEENS ARE FRIENDS FOR LIFE

BY COLLEEN SEEBERGER

Every year in Canada, more than 300 young people between the ages of 15 and 19 die in alcohol-related motor vehicle accidents. Stacey Schram, 17, and Sara Stainton, 16, of Calgary are trying to decrease those statistics by informing their friends about the hazards of drinking and driving.

Teenagers Against Drinking and Driving (TADD) was organized in 1984 at Crescent Heights Senior High School after both girls lost a friend killed by a driver who had been drinking.

It took a year to get the group coordinated. "You wouldn't believe the red tape that was involved," says Stacey, "mainly because we were teens, in the eyes of the law we were minors." They solved the problem by appointing five adults as honorary members, including Stacey's mother, Connie. "They signed all the papers," says Stacey, "but it is essentially an organization of teens, by teens, for teens."

TADD's theme is "Friends For Life" and involves teens signing contracts with their friends agreeing not to drink and drive or be in a vehicle with a driver who has been drinking. This program has already caught on in more than half of Calgary's public and separate schools. One of the group's sponsors is Allen Berg, North America's only Formula One race-car driver.

Stacey is quick to point out that, "We don't preach to kids, we show them the alternatives and have them make their own decisions." Presentations often include films from the Alberta Alcohol and Drug Abuse Commission (AADAC) and the Calgary City Police. More than 150 Calgary students are now involved with TADD.

For more information on TADD, contact either Stacey or Sara at the following address:

TADD (Teenagers Against Drinking and Driving)
P.O. Box 30157, Station B
Calgary, Alberta T2M 4P1

BMX CHAMPIONSHIPS

by Roxy Porter

Do you have a secret talent for riding a two-wheel vehicle with skill and expertise? Here's your chance to strut your stuff! The first-ever Canadian Freestyle Championship will be held on Thursday, July 23 at Northlands Coliseum, Edmonton. And watch for ZOOT! We'll be there as co-sponsors of this prestigious event.

The event will include an elimination competition, a half-time show, a finalist competition and an awards presentation.

The first 125 entrants will be registered in the following classes:

12 & under	Novice
12 & under	Intermediate
12 & under	Expert
13 - 16	Novice
13 - 16	Intermediate
13 - 16	Expert
17 & over	Novice
17 & over	Intermediate
17 & over	Expert

For further information, contact Edmonton Northlands at (403) 471-7210.



Photo: Mark Mennie

ISSUE: CENSORSHIP OF RECORD LYRICS. SHOULD IT BE ALLOWED?

Since rock and roll first became popular, there has been a lot of controversy concerning the lyrics of the music.

Recently, though, the issue of censorship of lyrics has been a hot topic in the entire music industry.

I strongly disagree with the idea that lyrics should be published on record albums. That's censorship. Everyone expresses themselves in totally different ways. This is one of the reasons why music is always new and different. A band might write a song expressing love or anger in a totally different way than another band. Every band has different ideas and it wouldn't be fair if they were censored for having a unique style.

Most musicians who write and sing the music we listen to are not trying to lead us in the wrong direction but that may not seem so to some people who have a different opinion about music.

Another reason I think albums should not be censored is because when you go into a store to buy an album, you will have at least an idea of what the band or their music is about. If you didn't like that kind of music, you wouldn't buy it.

The lyrics to a song are important but the beat and the melody are just as important for a hit song. Many people listen to the music but really don't pay any attention to the lyrics. People who do listen to the words usually don't take them too seriously.

Ask yourself honestly, if an album by your favorite group had a label on it warning that it contained offensive material, would it make a difference or would you buy it anyway?

Kathy Williams is 14 years old and in Grade 9 at Eckville Junior Senior High School. Her interests include ringette and, of course, listening to almost any kind of music.



Illustration: Kari Leht

LOVE
EM

I strongly believe that the lyrics should be exposed to the public. There should be, at the very least, a label to state the contents so as not to offend anyone.

How can the public be made more aware of the album's contents unless they are displayed on the cover? This would enable people to decide whether or not they would like to buy the album. The album buyers would be able to look over the lyrics and know, in advance, that the message is to their liking and in keeping with their own values.

Now, try putting yourself in the composer's shoes. Publishing these valuable lyrics often gives the composer a feeling of pride, knowing that his/her song will be listened to and understood by thousands of people and that their message is getting across.

In today's society, we hope that more teens are refusing to be involved in the abuse of drugs and alcohol. A major factor for this positive turnaround could quite possibly be the songs which focus on anti-drugs and anti-alcohol. I realize, however, that there are lyrics that do advocate drugs, sex and alcohol. I guess it is just a part of real life.

Printing song lyrics may also be showing people that there is someone who cares. If the lyrics to songs are on the album cover, it just might show many parents and teens that someone at a big record company is concerned about what the buyers think and feel.

It all comes down to a matter of choice. I choose printing lyrics, or at least a label on the record album to highlight the contents.

Michael Holsworth is 14 years old and in Grade 9 at Ian Bazalgette Junior High School in Calgary. His hobbies are cross-country and downhill skiing, swimming and officiating biathlon events in Canmore for the 1988 Olympic competition.

HATE
EM



BARREL RACING CHAMP

BY MARK GARDINER

For Melanie Regehr, 17, the road to success has been a winding one, but it's one she covers quicker than just about anyone else. In fact, her road to success winds around several barrels, and around Alberta from Grande Prairie to Lethbridge. She even wound up in Rapid City, South Dakota, in 1985 where she competed in the National High School Rodeo Finals.

Melanie, a Grade 11 student at Sundre Junior/Senior High School, is one of Canada's top High School Barrel Racers. In the spring, she competes in the Alberta High School rodeo series, and she continues to rodeo each weekend throughout the summer, travelling to different competitions across



the province. What sort of mount does it take to win? ZOOT asked. "You've got to know your riding," Melanie explained, "as well as having a horse with a lot of quickness, that can put on a tremendous burst of speed."

As you might suspect, however, there are a lot more fast horses out

there than there are championship riders. In Melanie's case, getting to the top took an early start, and most importantly, incredible determination. She started barrel racing at the age of 12, when she took a clinic from barrel racing teacher Elaine Watt. Since then she's worked her horse every day. "It's difficult to say exactly what kind of person succeeds as a barrel racer," she points out. "You don't want to quit ... you'll go out to practise, no matter what the weather, no matter what else you could be doing. Of course, each horse has it's own personality, too. You have to get in plenty of practice to get to know them, and know what to expect." Her current mount will have to run like the wind if she is to reach her goal: The Canadian Championships. But at least the horse is aptly named - she calls it "Hurricane."



Photos: Ric Kokotovich

If you'd like more information on barrel racing or other rodeo sports, write to:

Alberta High School Rodeo Association
c/o Christine Rodgers
Box 208
Cochrane, Alberta T0M 1P0

MATH WHIZ



or most of us, writing a one-hour exam on subjects like two-and three-dimensional Euclidian geometry, or number theory is the stuff of nightmares. Not so for Bartek Muszynski. The Grade 11 student at William Aberhart Senior High School in Calgary recently won the national Fermat mathematics competition. That's right, competitive math!

Every year, thousands of students in Grades 9 through 12 compete in the Fermats, and in the Invitational Math Challenge, sponsored by the

University of Waterloo. High achievers in the tests are invited to spend a week at the University of Waterloo in June, where they attend intensive math enrichment courses.

When he was contacted by ZOOT, Bartek, who emigrated from Poland six years ago, was modest. He explained that, "There's not supposed to be anything on the tests that isn't covered by high school math." But his math teacher, Doug Margach said, "He's better at math than I am."

The Fermat was not Bartek's first taste of math competition. He explains, "In Grade 9, I bombed, but in Grade 10, I finished sixth in the country in the Invitational Math Challenge...I'm not totally obses-

sed with math, but going to Waterloo last summer did boost my interest." His other interests include (how's this for a change?) mountain climbing.

Hmmm ... at ZOOT we suppose that in both competitive math and mountaineering, a slight miscalculation can spell disaster.

For more information on the Fermats and other competitive mathematic exams, write to:

Canadian Mathematics Competitions
c/o Department of Mathematics
University of Waterloo
200 University Avenue West
Waterloo, Ontario
N2L 3G1

Photo: Ric Kokotovich



Photo: Mark Mennie



Lauren Hall, a 17-year-old Lethbridge resident, first attracted our attention at *ZOOT* a couple of years ago when, at the age of 15, she wrote, illustrated and published a book of her own poems! When we decided to drop in on her this summer, we found her pursuing a number of broad and exciting interests including art and music.

Lauren, who started out playing the electric guitar, is now moving into classical guitar. From Jimmy Paige and Eddie Van Halen to Liona Boyd! "The thing I like about classical guitar," Lauren explains, "is striving for perfection!"

She organizes her time so that she can excel in many areas but only by establishing her priorities.

Born in New York and raised in Lethbridge, Lauren completed her high school courses by correspondence. "Learning on your own takes discipline, but if you have it, it certainly can be effective." Lauren, who usually studies one course at a time, recently finished Physics 10 in a month!

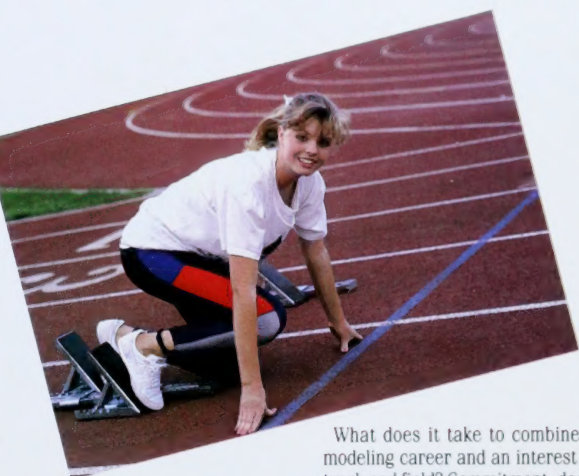
What about the future? She plans to attend art school, preferably at the Alberta College of Art in Calgary. After that, it's on to a career in advertising!

THE MODEL STUDENT

Regular *ZOOT* readers might be starting to think they know Jill Sharpe, 15, from somewhere ... she's been photographed for *ZOOT* twice, first in March and then for the cover of the May issue. Television addicts may have also noticed her familiar face in one of Petro-Canada's emotional "Catch The Flame" commercials.

Life as a model began for Jill at the age of 13 when she took a self-improvement course at a Calgary modelling school. After that, it was a more serious teen professional modelling course that covered make-up, 'rampwork,' which is what to do during fashion shows, and how to work with photographers. Now she teaches a course for future models aged 5-12.

"Because I go to school," she says, "I can't do as much as I'd like to ... that Petro-Canada ad, for example, took 15 hours to



What does it take to combine a modeling career and an interest in track and field? Commitment, dedication and goals.

"I'd like to go to a modeling competition in New York this summer. They're a good way to learn about the business, and there's the chance of winning a contract to work in Japan or the States. Of course, it's a career that ends at 30 but I want to use it as a way to pay for university, maybe in California, and then go on to other things." Remember, you saw her here first!

shoot, so it's pretty time-consuming, and I can't afford to miss that many classes." Also competing for her time is a passion for track and field, which helped her land the part with Petro-Canada — they wanted someone who looked like a real runner.

Her interest in track began when she saw a local track team practicing and soon she was training for the high jump, 80-metre hurdles and the 100-metre sprint. Finally, she set Calgary city records for the high jump in Grades 7, 8 and 9! Obviously, Jill didn't have to act where her interest in sports was concerned. "Actually," she says, "even though it was a fake torch, it was kind of neat pretending to carry it — I guess I would like to carry the real thing, too."



Photos: Mark Mennie



STRAIGHT GOODS

Q. My girlfriend takes diet pills to help her lose weight. Are they okay to take? What effects do they have on a person's body?

A. Most diet pills are made up of amphetamines or similar drugs. These drugs are thought to reduce hunger by affecting the appetite centres of the brain. Long-term use is not recommended because the body can become used to the drug so larger amounts are required. There is also the possibility of withdrawal occurring when you stop taking the drug, which is a sign of dependence. Taking too many diet pills could result in feelings of nervousness, restlessness, difficulty sleeping, headache or nausea. Controlling what and how much you eat is still one of the best ways to lose weight, particularly when combined with physical activity. Before starting on a weight-loss program, it is important to realistically examine whether or not you really need to lose weight or are just buying into the current popular image of the "slim look." People vary in their body build and ideal weights. If you have a question about whether or not you should go on a diet, talk to your doctor.

Q. What happens if the police catch you driving a boat and you've been drinking?

A. You can be charged with a criminal offence if you are caught driving or have the care and control of any type of motor vehicle, boat or aircraft, at the same time that you have alcohol or drugs in your blood. If you are under 18 years of age and arrested on a drinking/driving offence, you will be charged under the Young Offenders'

Act. If convicted, a judge could fine you up to \$1,000, order you to do community work, prohibit you from driving, put you on probation or place you in custody. If you are 18 or older and are convicted on an impaired driving charge, you can be fined, sent to jail or prohibited from driving for a specified period.

Q. I don't smoke, but my parents do. I've bug-ged them about quitting but they say they can't. What can I do to help them?

A. Studies that have been done with people who have quit smoking show that smokers are more likely to succeed in quitting smoking if they are highly motivated to quit, have confidence they can quit, see themselves as non-smokers in the future, are older, and are heavy smokers. In addition, the support of family and friends is essential. Positive support that increases the quitter's self-confidence is more helpful than nagging or negative comments. Being supportive doesn't mean you have to promise to do the dishes or mow the lawn until you're 21, but it

does mean that you can help your parents maintain their motivation and self-confidence to quit. There are also a variety of programs available to help people stop smoking. You might want to discuss some of them with your parents.

Q. What effect does other people's tobacco smoke have on me? I don't smoke, but most of my friends do.

A. As a non-smoker, you are exposed to the smoke that is given off into the air by a burning cigarette (sidestream smoke) and the tobacco smoke exhaled by smokers (second-hand smoke). Non-smokers exposed to sidestream smoke not only smell it, they also absorb it into their bodies. Sidestream smoke contains higher concentrations of many cancer causing chemicals than are found in the smoke inhaled by the smoker. There is growing evidence that non-smokers with increased exposure to sidestream smoke run an increased risk of lung cancer and heart disease.

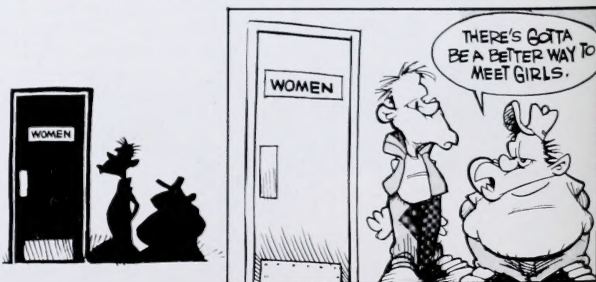
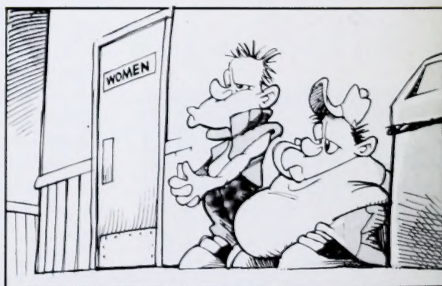
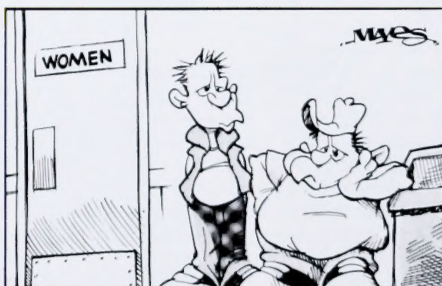
STRAIGHT GOODS

Straight Goods will give you the straight information on anything to do with alcohol and drugs. Send your questions to:
STRAIGHT GOODS
c/o ZOOT: The Magazine
2410, 144 - 4th Avenue S.W.
Calgary, Alberta
T2P 2M4
or phone toll-free 1-800-372-9578

ALL NAMES ARE KEPT STRICTLY CONFIDENTIAL.
ALL YOUR QUESTIONS WILL BE ANSWERED BY AADAC STAFF.

BONES

BY
MALCOLM
MAYES

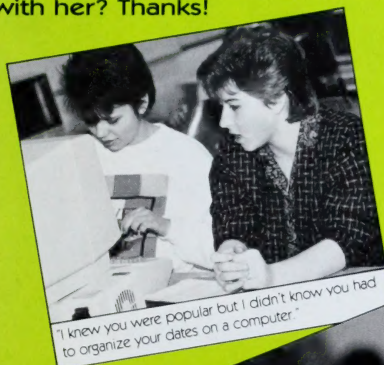


HIGH PRAIRIE

BY DARYL HOOKE

Every so often, the ZOOT crew stumbles upon a truly unusual school. Needless to say, that's when we feel right at home! Recently, our favorite editorial assistant (our only editorial assistant), Arly, ventured out to High Prairie, Alberta and spent the day swapping tall tales at Prairie River Junior High School. We found out they tend to do things a little differently in High Prairie. Here's what we mean . . .

By the way, will you send Arly back when you're finished with her? Thanks!



"I knew you were popular but I didn't know you had to organize your dates on a computer."



Commander Biff and Bucky the Space Boy were ready for any adventure that might come their way.



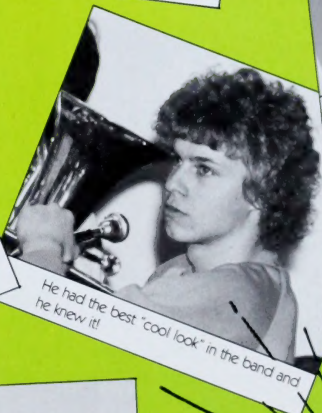
Although they had been Siamese twins from birth, these were two of the happiest girls in the school.



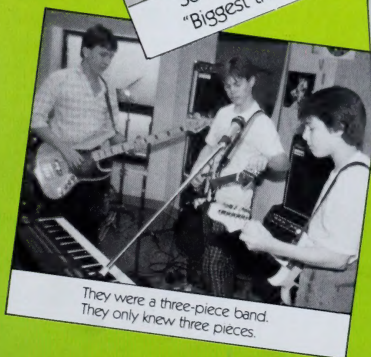
Some people get more excited about a surprise test than others.



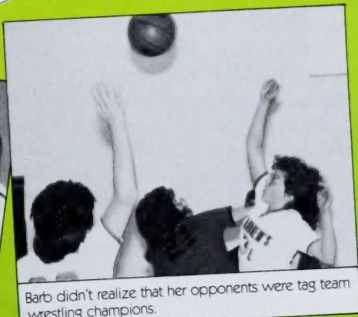
Someday his yearbook caption would say: "Biggest thrill - having a close-up in ZOOT!"



He had the best "cool look" in the band and he knew it!



They were a three-piece band. They only knew three pieces.



Barb didn't realize that her opponents were tag team wrestling champions.



Rodeo Worker

Golf Caddie

Museum Aide

Counsellor

THE VOLUNTEERING WAVE

by Fran Kimmel

So who volunteers these days? Teen-aged hockey players? Retired astronauts? Middle-aged moms? Gas station attendants who raise honeybees for a hobby? You're absolutely right.

And what do these volunteers help with? Aerobics or artwork, counselling or calligraphy, typing or teaching, hiking or horseback riding? Right again.

Today, volunteer positions are as varied as the people who do them and can include everything from astrology to zoology.

Take Anne Stetson for example. (We've changed her name because of the confidential nature of her work.) Anne, 17, has been volunteering with Calgary's Teen Line for almost a year. Staffed by teen volunteers, its aim is to listen to teen callers, to ensure confidentiality, and to refer callers to the right resources. Anne spent over 50 hours in training before going to direct line work. Now she fits one evening shift per week into her busy schedule.

Or there's 14-year-old Scott Springman. Scott has clocked over 90 volunteer hours in a parks/recreation program called "Jump In ... Make a Splash" at Village Square Leisure Centre in Calgary. He works at least three hours per week supervising the sports hall, putting the weight room in order, or assisting the leader with recreation classes.

Darlene Goranson, 15, has held many volunteer positions. Most recently, she worked with disabled teens in a "Between Friends" program, which stresses independence and decision making to give mentally handicapped teens the chance to experience different recreation activities. Darlene assisted with the program and the planning, and had fun joining in, too. Now on a summer break, Darlene hopes to jump in again this fall.

People volunteer for all kinds of reasons. Sometimes, the most selfish are the best. In other words, volunteering to help others can be a vehicle for working on ourselves. For you that could mean a chance to overcome shyness, learn a new sport, make new friends after a family move or gain valuable work experience. Here's a list of some terrific (and selfish!) reasons you could choose to get involved:

- ▲ to have fun;
- ▲ to meet new people;
- ▲ to learn new skills;
- ▲ to be creative;
- ▲ to feel important - to make a difference;
- ▲ to explore potential career fields;
- ▲ to receive a reference;
- ▲ to feel part of the community.



Clown

Tour Guide

Recreation Leader

Farm Hand

Crafts Instructor

Park Caretaker

Think of your time as money in the bank. You can't just give it away freely. Before volunteering, you need to ask yourself: "What's in it for me?"

"It's quite a selfish sort of thing for me," says Anne of her work on the Teen Line. "I feel I've had more out of it than I've given."

Anne uses the communication skills she's learned to sort through problems with parents and friends. As a result, she's considering social work or psychology as career options.

Scott also has very specific reasons for volunteering. "I'll be looking for a job later on. This looks good on my resumé and has given me a lot of work experience," he says.

Scott's volunteer program lets him apply his volunteer hours to free courses offered by the City of Calgary and already he's earned his way through a Bronze Medallion swim class.

Darlene says: "Volunteering makes me feel good because I know I'm doing something right and something important. Now, after working with "Between Friends," I'm not afraid to approach someone who's handicapped and just be their friend."

When starting out, it's important to spend time thinking about you. What do you like? What do you dislike? Do you crave risky outdoor activities or are you more suited to quiet, indoor ones?

Would you like to work with toddlers, teens, seniors, art, animals, trees, computers, cars? What kind of volunteer work will best suit you?

Do you want to volunteer long hours for a short time or short hours for a long time? Do you want a one-day, one-week, all-summer or year-round experience? What other commitments could get in the way?

Once your search begins it's much like seeking paid employment. Likely, you will fill out an application, be interviewed and asked for references. Newspapers, radio, television, volunteer centres, parks/recreation departments, schools, churches, community centres, parents' business associates and local bulletin boards are all good information sources.

If you can't find what you are looking for exactly, don't give up — create your own position instead. Convince those in charge that you will be an asset to their organization, and you might just land a terrific volunteer job.

SEEN AND HEARD

SEEN ...

MORGAN STEWART'S COMING HOME

Starring: Jon Cryer,
Lynne Redgrave
Rating: 7.5

Coming home from prep school after six or seven years should be a memorable occasion. For Morgan Stewart, it certainly was ...

▲ The actors suited their characters really well. I was surprised to see Lynne Redgrave in it. She was pretty good.

▲ I didn't like how cold it was at the beginning. I can't imagine any parents being that uncaring about their own kid.

▲ Wicked music all the way through.

▲ The love story was sort of cute. It was like the girl was someone he needed. The whole focus wasn't on his parents.

▲ I wouldn't see it again in a theatre, but if it was on pay TV or if I could rent it, I'd see it again.

▲ I would compare this to "Ferris Bueller's Day Off." I thought it was as good. It was fun.

BLIND DATE

Starring: Bruce Willis, Kim Basinger, John Laroquette

Rating: 9

Blind dates can be bad enough, but just when you think that nothing else could go wrong ... it does!

▲ I loved Bruce Willis in this movie. He's just the greatest. This movie was hilarious.

▲ I liked the choice of actors to play the characters. John Laroquette was good as the jealous boyfriend because he's like that on "Night Court."

▲ I was hoping to see more of a "David Addison" because "Moonlighting" is like my favorite television show. He wasn't so wild, like David. In a way that's good, because then it shows that he can be more than one character. He can be someone else. He can do a lot more than just one thing.

• IF YOU CAN DO IT
THEN WHY DO IT?
Gertrude Stein

... HEARD

Big Dreamers Never Sleep

Gino Vannelli
RATING: ZZZ

Overall I found this album a disappointment. The record shows good potential, but it is too mellow. It should have more beat to the songs. "Wild Horses" is the best cut on the album because it has style and rhythm to it.

Gino Vannelli has to play songs a lot more like "Wild Horses." He is very unpredictable, although he has improved from his other albums. I would classify this as a straight rock type album. He has a unique style and does not remind me of another singer.

I would rather go out and buy the single "Wild Horses" than the whole album.

by Janie Watt



RATING SYSTEM:

ZZZZZ Terrific! The best album of its kind!

ZZZZ Great! It's not perfect, but it's still pretty good.

ZZZ Just average. Could be better, could be worse.

ZZ Give me a break! It's pretty bad.

Z The worst! Don't waste your hard-earned money on this.

If you would like to be added to our list of regular reviewers, drop us a line and tell us why you think you could do this job.

Crowded House

Crowded House
RATING: ZZZZZ

If you've ever hosted a party, you'll know that crowded houses can be a lot of fun. This one is no exception.

Crowded House look like they might sound like *The Smiths*, or *The Housemartins*, because they have an American guitar-based sound, and the lyrics, though not as witty or scathing as something Morrissey would write, are just as intelligent. In the end, however, *Crowded House's* clean sound is their own. I would recommend it to those of you who believe that good music is something that shouldn't be tampered with by over-production or unnecessary frills.

The exquisite "Don't Dream It's Over" is reason enough to buy this album, and songs like "Love You 'Til The Day I Die" make it a bargain. It would be a shame to pass *Crowded House* by without taking a peek inside.

by Rene Joshi

SOFA CINEMA

ZOOT takes a peek at movies you can rent...

DESPERATELY SEEKING SUSAN

Starring: Madonna, Rosanna Arquette, Aidan Quinn

Rating: 7

Are you desperately seeking something to boost your otherwise humdrum existence? Just remember, not everything goes according to plan.

▲ Some things were fairly predictable. You knew when Roberta hit her head that she was going to forget everything and that when the purse rolled away, she'd lose her wallet and identification.

▲ The ending was pretty good. I liked how the wife didn't go back to her old life. She seemed to take the chance of doing something different. She wasn't happy, so she did something about it.

▲ This is better than some other movies because it had a definite beginning, middle and end. Everything got tied up, no loose ends.

▲ I don't think I'd go to see it at a theatre, but I'd see it again on TV or whatever.



SIZZLING SUNBURNS

Did you ever wake from dreams of a butterscotch tan to shoulders that looked like cherry jelly?

Too often a day in the sun results in sunburn.

Like any other burn, the first

thing to do is to cool it down. Relax in a cool tub or apply a cool cloth to your sizzling shoulders.

Dr. John Arlette, a Calgary dermatologist, suggests applying a pure moisturizer – watch the labels for one which lists “galaxal” as a main ingredient.

Your burn should fade in two

or three days, but if you have extensive blisters, or the burn covers 70 to 80 percent of your body, you should see a doctor.

Before exposing your skin to the sun’s sizzling rays, apply a good sunscreen lotion.

“Always use a sunscreen with a sun protection factor (SPF) of 15,” adds Dr. Arlette.

SUMMER EXERCISE TIPS

When school’s out there are fewer activities to keep in shape. Pat Clayton, the Calgary Stampeder’s physical therapist, recommends regular cycling, jogging, swimming, or roller skating for the most physical benefits.

Outdoor games that also rate highly are soccer, basketball and tennis.

“If you exercise regularly, you should be in good shape for fall tryouts, and you’ll look trim, sleep well, and feel great too,” says Clayton.

ACHES AND PAINS

Do you sometimes, for no obvious reason, experience pain in the muscles or bones of your lower legs?

It may be “growing pains” or “leg aches.”

Dr. J. Brock Dundas, a Calgary pediatrician, advises that you massage your leg and apply a hot-water bottle for the pain. If your leg aches are frequent, however, Dundas advises visiting your doctor. Sometimes therapy or a change in footwear may give you relief.

While there is no specific cause for leg aches, Dr. Dundas finds they frequently occur after exercise. “You can either decrease your activity level, or cope with the pain,” he says.

Illustration: Steve Attore



BUMBLE BEE BITES

Bumble bees are meant to buzz around and not sting you. But what would you do if one decided to take the plunge?

When a bee or wasp sinks its stinger into your tender flesh, you can remove it by scraping gently with your fingernail, ad-

vises Bob George, Assistant Area Manager, St. John Ambulance. Then, apply rubbing alcohol, a weak ammonia solution, or a baking soda and water paste.

For most, insect bites are uncomfortable, but not life-

threatening. But some people may have an allergic reaction. If you have trouble breathing, are nauseated and vomiting, or have hives and swelling around your mouth and eyes, you need immediate medical help. If you're near a phone, dial 911 for the fastest way to get it.



BY ROSALIE PEDERSEN

RE-ENERGIZE YOURSELF

ZOOT presents some quick tips to re-energize yourself:

▲ Have a “theme” party and invite your guests to dress out-rageously.

▲ Start a record album or tape exchange and form a club with a few friends.

▲ Make a scrapbook. Collect photos and mementos, even the tickets from your fave concerts last summer and arrange them in an album.

▲ Spend some time teaching someone how to do something you're good at – lip-synching, breakdancing or juggling a soccer ball.

▲ Write a poem. Why not try a ZOOT limerick, like the one below, and send it to us. We'll publish them in a future issue.

A ZOOTerick Limerick

There once was a mag called ZOOT
And from the editors it took.

MUSIC, BIDS AND PHOTOS, TOO
Make this mag specially for you.
Read it, enjoy, and give us a root.

Forward your questions for “Bodyworks” to:
ZOOT, The Magazine
2410, 144 - 4th Avenue S.W.
Calgary, Alberta T2P 3N4

Face painting — you've seen it on stars such as The Bangles, 'Til Tuesday, Jamie Lee Curtis and Cyndi Lauper.

Crazy make-up that demonstrates your individuality and creativity.

And it is a bit risky but you don't know what will look good on you until you try it.

But chances are, everything does look good on you.

Our models are wearing "Zingers" from Bonne Bell. These color sticks dim the harsh effects of too much sun because they're made of zinc oxide (SPF 15) so you can streak on "Zingers" anywhere you need extra protection, like underneath your eyes or on your lips.

Rub them on straight from the tube or take your time applying a few colors with a brush.

These great splashes of color are perfect for the beach or a party. Or both. Wild!

BY ROXY PORTER





EKS

HIGH ZOOT



THE
MAGAZINE
2007

PHOTO: ALL-SPORT/MIKE POWELL

DON'T YOU HATE IT WHEN...

BY STEVE ATTOE



.... EVEN YOUR DOG GETS MORE PHONE CALLS THAN YOU ?”



... SOMEONE ELSE IS ALWAYS READING YOUR COPY OF ZOOT ?”

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Make sure they give us their name, full address, age, grade and telephone number. We'd love to hear from them!

YOU SAID IT

ZOOT POLL RESULTS

Here's the scoop on the most recent ZOOT Poll. Our questions asked YOU all about your favorites. And you sent us letters — did we get letters! Read on for a list of what counts with you!



1. Favorite place:

Rodeo
Arcade
Teen club
Anywhere with friends
Hockey arena
Great outdoors
Around school
Around town

2. Favorite food:

Pizza
Tacos
Perogies
French fries
Nacho chips
Celery
Hamburgers
Ice Cream
Cheesecake
Chinese Food



3. Favorite fashion:

Preppie
Punk/New wave
Trendy
Sport
Classique
Casual
Outrageous
Second-hand clothes with character

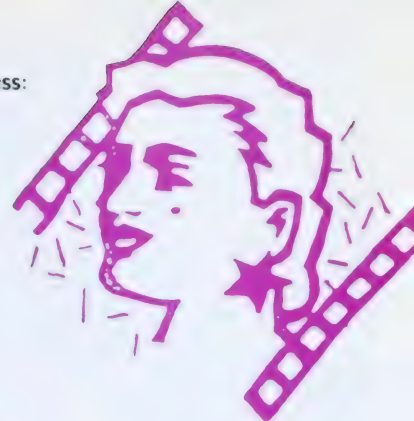
4. Favorite sport:

Karate
Track & Field
Football
Snowboarding
Hockey
Baseball
Dancing
Swimming
Windsurfing
Archery



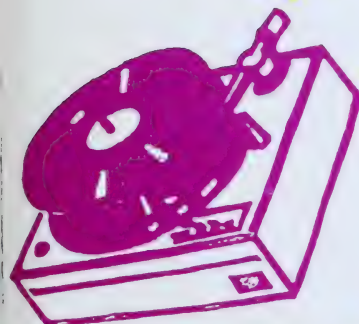
8. Favorite actor/actress:

Alyssa Milano
Ally Sheedy
Demi Moore
Emilio Estevez
Whoopi Goldberg
Scott Baio
Jason Bateman
Tom Cruise
Molly Ringwald
Eric Stolz



5. Favorite entertainment:

Fun with friends
Watching hockey games
Music
Watching cowboys
Live theatre
Movies
Rock videos
Art
Concerts
Reading



9. Favorite group/singer:

Any '50s or '60s group
Glass Tiger
Crowded House
Billy Idol
Corey Hart
Luba
Bon Jovi
Wang Chung
U2
Motley Crue

6. Favorite movie:

"Karate Kid I & II"
"Hoosiers"
"Back To The Future"
"Stand By Me"
"Footloose"
"Mannequin"
"Crocodile Dundee"
"St. Elmo's Fire"
"Ferris Bueller's Day Off"



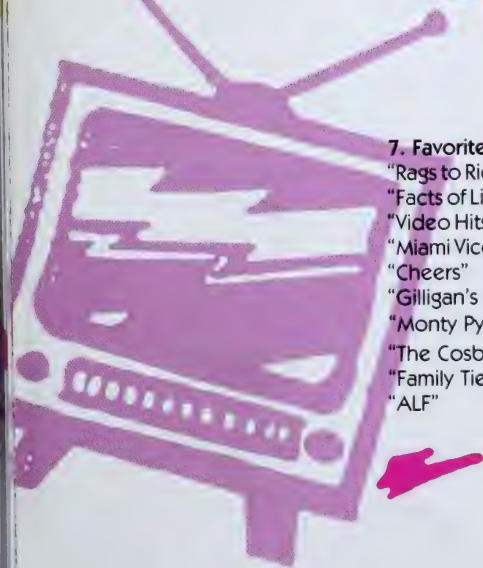
10. Favorite Album:

"Top Gun" Soundtrack
"Joshua Tree" — U2
"Slippery When Wet" —
Bon Jovi
"The Great Lake" —
Chalk Circle
"Between The Earth & Sky" —
Luba
"Thin Red Line" —
Glass Tiger
"ZZ Top" — ZZ Top
"Boy in The Box" — Corey Hart
"Rebel Yell" — Billy Idol
"On a Different Light" —
Bangles



7. Favorite TV show:

"Rags to Riches"
"Facts of Life"
"Video Hits"
"Miami Vice"
"Cheers"
"Gilligan's Island"
"Monty Python's Flying Circus"
"The Cosby Show"
"Family Ties"
"ALF"



Favorite Song:

"True Colors"
"Shout!"
"Do They Know It's Christmas?"
"Power of Love"
"Endless Love"
"Little Red Corvette"
"Never Surrender"
"Old Time Rock & Roll"
"Wild Horses"
"I'd Die For You"

ZOOT INTERVIEW



P

AUL YOUNG ARRIVED ON THE MUSIC SCENE FROM ENGLAND ABOUT A DOZEN YEARS AGO, BUT IT WASN'T UNTIL THE EARLY '80s, WHEN HE RELEASED "NO PARLEZ," THAT HE STARTED ON THE ROAD TO SUPERSTARDOM. THAT ALBUM SOLD OVER FOUR MILLION COPIES FOR PAUL, AND ESTABLISHED HIM AS A GREAT TALENT. HIS ALBUMS SINCE THEN, "SECRET OF ASSOCIATION," AND HIS MOST RECENT, "BETWEEN TWO FIRES," HAVE NOT REACHED THE SALES PEAK OF HIS FIRST, BUT THEY HAVE DONE WELL ENOUGH TO PROVE THE FIRST ONE WAS NOT A FLUKE. ZOOT CAUGHT UP WITH HIM JUST BEFORE HIS CONCERT IN CALGARY EARLIER THIS YEAR TO FILE THIS REPORT.



Photo: Alexander Trapp

by Steve Olson

ZOOT: Why did you decide to get involved in music as a career?

PAUL: I just came to realize, I suppose, that I've always liked music. I always loved singing. I tried piano lessons because that was something that my Dad wanted me to do; I didn't really enjoy that. Then I tried the guitar. I just found all of them got in the way. I found singing was much more enjoyable. It's like an instant release, I suppose.

ZOOT: Did you have a good childhood?

PAUL: I had a great childhood. The teenager bit was, I suppose, the same as everybody else's. There were troublesome ones at school, and I used to get beat up occasionally, and that sort of problem. But up until I was 12 or 13 I had a great childhood.

ZOOT: Was it during your teenage years that you decided to form a band?

PAUL: Yeah, when I was about 15 or 16 another guy and I were playing and working things out on the guitar during lunch breaks. Then I got into a band. I was working as well, because I needed to buy the equipment. In the end I was in a couple of local groups, then I hit upon this group that came from London, and they were looking for a singer. That was about 10 years ago.

ZOOT: Was that the Q-Tips?

PAUL: No, that was Street Band.

ZOOT: The band you had after that would have been the Q-Tips.

PAUL: Yeah. We were together for about four years. We had a great time, because I loved soul music, and I wanted a chance to play. I decided that was my favorite music.

ZOOT: When I listen to the albums it is obvious that you have a lot of influences. Is there one today that you admire most?



PAUL: There is not any one person, no. If you listen to my albums you can hear African influences, rock and roll, soul, rhythm & blues, English, Celtic, Gaelic, all sorts of things come out.

ZOOT: Did you have any professional vocal training?

PAUL: No. The only time I did was after I had a severe problem with my vocal chords. I had muscle strain. It's like any other muscle. Any athlete can tell you: first you have to rest it and then you have to exercise it. I didn't know any exercises, so I went and saw a singing teacher and she coaxed the voice back.

ZOOT: How much touring do you do in a year?

PAUL: We toured for nearly a year last year, which was ridiculous, and that's why there was such a big lay-off between albums. This time we're going to go six, seven, maybe eight months, but then we have to start working on the next album.

ZOOT: Any favorite places you've been?

PAUL: I fell in love with Italy and Paris. I liked touring in Australia. It's a long way to go if you just want a week-long holiday. I really enjoyed touring Japan as well, it was great.

ZOOT: "Between Two Fires." From your point of view, how do you feel about the project?

PAUL: Really pleased with it. It's been quite a fast seller over here. This album's got a lot of character, you might not see it straight away. The fact that it's done well in Canada is obviously a big plus. I think it's almost gone platinum here now. As it has in England. I still do very well in England.

ZOOT: You're doing a lot more writing now I notice. On the first album you wrote a couple, on "Secret of Association" you wrote six, and now eight on the new album. Is it a confidence thing with you?

PAUL: It was partly confidence and partly something I never really got around to. It's a bit of a chore to write songs. It's a process that I find a bit laborious and a bit frustrating. But I found if you do it over a long period of time you start to get on a roll and it starts getting easier.

ZOOT: Do you feel you're successful, or do you have a lot more that you want to do?

PAUL: I think I have been very successful. It's just a case of perpetuating that now. But I don't ever want to reach that point that you get so high that you burn out. The Bruce Springsteen, Michael Jackson kind of heights. Mind you, look at the amount of time they've had in the business, it hasn't been too bad. You see they hit their peak about 10 or 15 years after they'd been around. So hopefully that's what I'll do.

ZOOT: Work on the next album to begin...?

PAUL: October.

ZOOT: Well, all the best on future projects.

PAUL: Okay, thanks.

MAKING PICTURES

by Ken Low

Everyone likes to look at pictures — illustrations, photographs. Where would ZOOT be without them?

Pictures are an interesting and creative way to communicate. The expression, "a picture is worth a thousand words," says something about the impact of strong, visual images. Everywhere you look, pictures are competing for your attention: magazines, newspapers, books, advertising, television and movies. And this creates a demand for people who can make these pictures.

So who are these picture makers? How do they capture and share the magic of images? What is the "right stuff" for a commercial photographer? How do you get it?

Ric Kokotovich is our chief photographer at ZOOT. He snaps photos for "Break," creates our great cover images and takes most of the other photographs on ZOOT's pages.

As a successful freelance photographer, Ric works from his own studio when he is not travelling to a "shoot."

Over the last five years Ric has been photographing one of the biggest annual parties in North America, the Mardi Gras in New Orleans. And not just your typical tourist-type pictures — but true works of art!

He takes black and white pics of interesting "street characters" and hand-paints them.

How does one get started as a professional photographer? What does it take? Obviously the technical ability to handle a camera is essential, but what personal skills are equally important?

Often these qualities can be acquired by doing things other than photography.

Ric started playing drums when he was 12 with the hope of becoming a famous rock musician.

By the time he was 22, it was clear that he wasn't going to be a rock star; nevertheless, he had learned some really useful things through his years as a musician. One was that it takes a long time to get to be good at something.

"Perseverance is the key. It takes time to develop as an artist or technician," says Ric, adding that it has taken him years of practice to become a good photographer.

Ric also discovered that whenever you are doing anything challenging, you are developing yourself. Courage, imagination and determination are qualities that can be strengthened through many activities, not just one.

Something else Ric learned on the road was that photography could be exciting. Travelling to different cities and working at night left him free to explore museums and art galleries during the day. When Ric saw what could be done with photography, he knew that it was the career for him!

Ric bought a portrait camera and started to work for a studio. He also attended college where he took media arts and improved his technical skills in graphic design and similar areas.

After graduation, Ric became an independent photographer, but found it frustrating because it didn't seem to offer much in the way of creativity. He went to New York and studied under some of the best photographers on the continent who taught him that if you approach photography as a creative adventure, it is something that you will continue to get better at throughout your life.

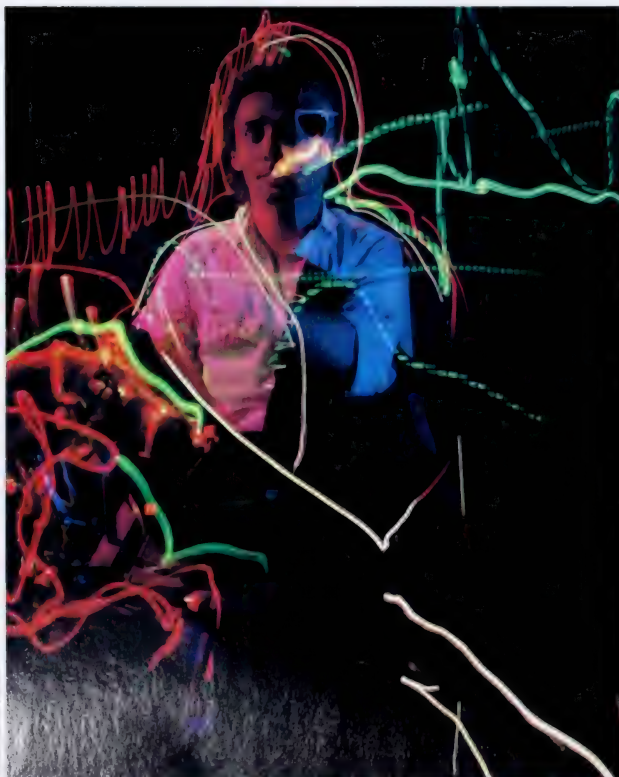
So, what does it take to get that one special shot or series of shots? "Guts, persistence and careful attention to the world around you," says Ric. "There should be lots of these opportunities right on your doorstep."

His artistic pursuits make him a more imaginative photographer, which is why he fits in so well here at ZOOT.

"Learning anything new takes practice but the rewards are great. I'm doing a job I love and that's important to me," says Ric.

You don't have to go through exactly the same things that Ric did to become a commercial photographer. You need imagination. But beyond that perseverance, determination, patience, courage, or whatever you choose to call it, can be obtained by doing seemingly everyday things. Sticking to something you're not really sure you're good at, doing something you really don't like all that well, or plugging through a tough assignment from school all come down to the same eventual bottom line: **the right stuff.**

If you are interested in a specific career, drop us a line. We'll see if we can get the "right stuff" together for you!



ARE YOU EMBARRASSED WHEN ... ? OR REMEMBERING THOSE FORGETTABLE MOMENTS.

TAKE
THE
TEST

BY ROXY PORTER

What was your most embarrassing moment? Life is full of little and big incidents that can make you cringe. How many times have you tried to forget an embarrassing moment?

Look at the list below, and check off all those situations that you have experienced firsthand. Give yourself a point for each one, then add up your score. Try to be **completely** honest — we've all had a few moments we'd rather forget.

▲ The person you like walks down the block just as you are practising parallel parking — again and again!

▲ Your mother writes your name on your lunch bag.

▲ You are about to miss the bus so you run down the street. One of your shoes falls apart, you stub your toe and you have to hobble on one foot the rest of the block.

▲ You raid the attic for great antique clothes, but Dad tells everyone that you're wearing his old coat.

▲ You forget your left running shoe at home and realize it only minutes before the big basketball game.

▲ You spill some pop down the front of your favorite shirt but don't notice it until you get home after a big date.

▲ You suddenly get the hiccups in a crowded elevator — with 20 floors to go.

▲ Your little brother/sister listens in on your phone conversation and relays it word by word for your whole family at dinner.

▲ You've just applied a facial mask, the doorbell rings and you realize you're the only one home.

▲ It's the night of the prom. Somehow, the "pin-on" corsage has to fit on to a strapless gown.

▲ All the nasty characters in television programs have the same name as you.

▲ You take your little brother's skateboard for a test drive and have a spectacular wipe-out in front of his friends.

▲ It's your first day of junior high school. Dad packs your sandwich in a "Masters of the Universe" lunch box and hands it to you just as your friends arrive at the door.

▲ You dive into the pool and reappear on the surface with only a part of your bathing suit.

▲ You finally get the courage to wear your brand-new, "one-of-a-kind" jean jacket and 12 other people show up at school with exactly the same jacket.

▲ You draw a blank when you go to introduce a new friend to your regular group of friends.

▲ You finally get the family car for the evening, but Dad strongly suggests that you take along your kid brother/sister.

▲ The phone rings and it's your fave guy/girl asking you out but you've just come home from the dentist with a frozen mouth and your side of the conversation couldn't be understood if your life depended on it!

▲ You pay a fortune to have the "tail" at the nape of your neck streaked and styled, and your mother thinks the hair-dresser made a mistake and quickly clips it off.

▲ You're sitting in the cafeteria telling your friend all about this great person at school you think you'll be going out with, when you realize that person is sitting right behind you.

▲ Your name is constantly mispronounced.

▲ You keep mispronouncing someone else's name.

▲ Your school picture isn't exactly your favorite but your parents send it out with their Christmas cards.

▲ You think you're opening a gag gift and it turns out to be the real thing!

If you've been caught in any of these situations, consider yourself very fortunate but remember life may put you centre stage — at any time.

What your score means:

0-5 Give me a break! Either you're one of the real lucky ones, or you've chosen to forget some of your choice moments. It's only natural to feel awkward sometimes, so try to be more open to new experiences. Don't be afraid of feeling embarrassed — it happens to everyone!

6-15 Ah, now that's more like it! You're an honest kind of guy! Face it, the world is full of embarrassing moments. It sounds like you have dealt with enough of them to realize that they can be slight inconveniences and nothing more. Shrug those moments off and don't let them bother you. Really, if you view them with a sense of humor, and laugh about it with a friend, remembering those moments can be fun!

16-24 Congratulations! You just won the award for having the most embarrassing moments ever! Your ability to laugh at yourself will always be an asset, so enjoy it. Life is full of ups and downs so accept that and continue to be yourself.

Do you dare reveal your most embarrassing moment? Drop us a line and let us know what made you blush!



GETTING GOOD AT A GOOD TIME

BY RIC DURRANT

July 5th. School is out. June's endless classes in rooms that are too hot, too confining and too far away from the summer sun have disappeared into the past.

The frantic long weekend with family and relatives is over. Finally there have been a few days to relax and think about the uncertain two months that lie ahead. You never really know what summer will bring. What will happen? What will you make happen?

Suddenly there's no daily routine. No need to drag yourself out of bed, and join the masses of kids riding, skate boarding, bussing it and walking to school. No homework either. There aren't even any clubs or teams. If you aren't wrapped up in a summer job or camp program, it's like the organized world has come to an end.



Sure, there are a few things you still have to do, but now you've got a lot more time. It's great!

Those first days of July are when you really start to think about the time. It's no longer in the future. It's right now, and images of super summer days ahead flood the imagination. For millions of kids, there are millions of dreams of what summer will bring. Dazzling friends on your sailboard with new-found skills, days and days of good friends and good times, maybe a fantastic adventure, maybe the most common dream of all ... a perfect summer romance.

Time is opportunity, and when school and the other things you have to do are out of the way, opportunity beckons. But then, so does boredom and the feeling that you're missing out on something. Suddenly time is slipping by, and summer is turning out to be kind of average — no big deal after all. On one hand, it's not something to complain about. It is a break. On the other hand, though, it honestly could be better.

Never fear. Summer is pretty short anyway. Before you know it, school is fast approaching, and it's time to hit the stores in search of something to wear back to class. Nothing takes the mind off a ho-hum summer like the chance to pick a few new things, and think about getting back with all the old friends and acquaintances that you haven't seen in a couple of months.

Hey, but wait a minute! Ho-hum and average are hardly good enough. This is the only summer you're going to get this year!

So what do you do? First, you look at free time as a gift. A gift that gets used up fast if you don't do something with it. Next, you think of using

time in fun and interesting ways as a skill, a bit of a challenge. Granted, in some places it's more of a challenge than in others, but even in the smallest town or the quietest city suburb, there are good times to be had. Besides, what could be more worthwhile in the good old summer time than to get good at having a good time?

How do you do it? Here are a couple of tips.

First, practice giving easy things a new twist. Newness can take "so what," and turn it into something special. Let's take eating for example. You could go buy another boring burger where you always buy boring burgers, or you could invite someone to spend a couple of hours with you building and barbecuing the world's most outrageous burger ever constructed. Simple, yes, but a good time. Eating, walking, watching people, listening to music, talking, reading and riding one thing or another are all easy, pleasant things to do. Throw in a little creativity and suddenly they are a whole lot better. How about borrowing some old records and spending an afternoon finding out what David Bowie, Dire Straits and Tina Turner were doing with their music 15 years ago instead of today. Or maybe you could turn watching people into photographing people.

The **second** tip is to take time to plan and make something special happen. This is more than a new angle on something easy, and it's harder to put together. The payoffs though, can be much greater.

To start planning, dream up a few things that would be interesting, fun or exciting. You might want to learn how to race a dirt bike, play tennis, play an instrument, go on a trip, climb

a mountain, meet someone new, meet someone special, work in an auto body shop, design a wardrobe, learn about helping other people, learn to paint, or produce a video.

Next, ask yourself a few questions:

Where is this likely to happen? (meeting someone special probably won't happen in the back yard)

What do you need to make it happen? (know-how, equipment)

Who do you know who could help out? (maybe a friend, an organization, or someone who could show you how)

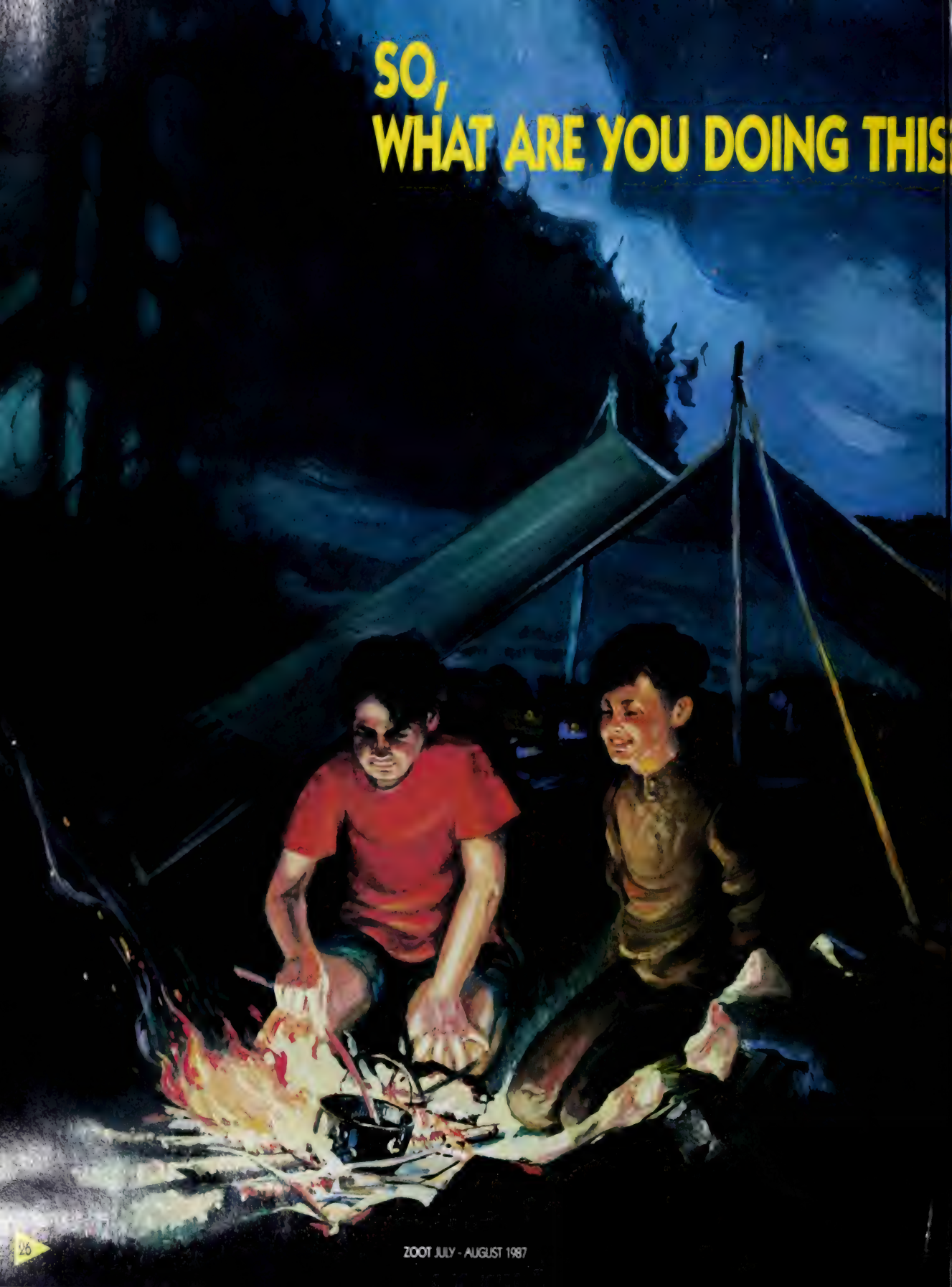
What are you going to have to do on your own? (get up some courage and give it a try).

We sometimes feel that if you have to be really deliberate about something, it's too tough to be worth the time. However, being deliberate is often just the price you pay for the things that are really worth going after. The message, in short, is think it through, get some help when it's helpful, and then give it a try.

We all need time to relax, sit back and just coast, but making things happen has big rewards too. There's a neat feeling about heading back to school and thinking, "Last summer, now that was a good time.!"



SO,
WHAT ARE YOU DOING THIS



SUMMER ... ?

by Sally Banks

ZOOT talked to teens around Alberta, on farms and ranches, in cities and towns, to see how they spend their summer holidays. This is what they told us.

LAURA, 14, EDMONTON

I almost had to go to summer school this year, because my marks weren't very good, but I raised them so I could go back to drama school instead. The drama school is every day for about three-and-a-half weeks. I really like it. In the morning you take drama, music and dance classes, and in the afternoons we have rehearsals for the play.

I'm not going to have a summer job, but I get paid for waiting on my family - cooking, setting the table and cleaning up. I also have to clean my room and sometimes help to clean the house.

DEVIN, 13, PONOKA

My brother and I go to Lethbridge to stay with relatives for one or two weeks. We work in the movie theatres, cleaning up, vacuuming and washing the floors. It's hard work but fun. The man who owns the theatres lets us watch free movies and sometimes we get paid about \$2 an hour. We also go fishing, go-carting and play miniature golf.

LORI, 17, TOFIELD

Our family doesn't usually get holidays until after harvest. We have cattle to look after too. I hope to go to 4-H camp again.

I also hope to get my job back at the Tofield playground. I really liked it last year. We spent most of the time with the kids outdoors, doing crafts, playing games and camping.

I'll probably spend weekends with my friends, visiting, talking and playing movies on the VCR. Getting together in the summer was harder before but now I can drive or get my friends to pick me up.

CRAIG, 15, CALGARY

Our family will probably travel to the States or B.C. in our trailer. I like being in the outdoors. It gets you away from the city. I might get a part-time job.

I like to be with friends. We usually go skate boarding, swimming, to the movies and the arcades. Sometimes we play street hockey. Sometimes holidays get boring, and then I think I'd rather be back in school.

CAROL, 14, VULCAN

I'll be helping my dad build a fence this summer. Sometimes I help him feed the cattle. We'll be going to the Calgary Stampede and then I'm going to 4-H camp. It'll be exciting. We get to go canoeing and hiking and have workshops.

Our family does things together too, like going to the movies. Sometimes I think I'd like to be in a small town, but not in a big city. I like it out here.

JACKIE, 13, ST. ALBERT

I'll probably be doing a lot of babysitting, about 16 hours a week. I like watching tennis and I'd like to learn how to play. Some of my friends have taken lessons so we're going to help each other learn. We'll also be going to West Edmonton Mall. I like the water park and all the stores, especially all the clothing stores.

There are chores around the house that I have to keep up. I have to clean certain rooms and keep the yard clean, mowing the lawn and picking up garbage.

CRAIG, 14, MEDICINE HAT

I'm going to my grandma's in Saskatchewan for about three weeks. Most of my cousins are out there. I help them working on their farm. I do chores and feed the pigs, chickens, cows and horses. It's pretty fun compared to Medicine Hat.

At home my friends and I go swimming and bike riding, and go to the video arcades. I could use some extra money so I might be getting a job as a paper boy. I also have to vacuum and clean the kitchen and the yard.

KASS, 16, HIGH RIVER

When you're 16 money seems to slip through your fingers so fast, you need to have a job. I've put in some job applications. I might bus tables for a while. My ideal job would be working in Banff. I'd like to be a warden, but it's hard to get a job on the park staff. I wouldn't mind starting with smaller jobs, even cleaning outhouses. At least you're outside.

I'd like to do some hostelling this year. I love backpacking. I think Banff is heaven. Something about it is so perfect. It's kind of touristy, but it's still so pure.

GOT SOME SUMMER NEWS AND VIEWS FOR US? WRITE IN AND TELL US ALL ABOUT IT!

MUSIC BIOS

These top tune-makers are hitting the heights of fame with mega-hits and great performances. Read on for the inside scoop on how these groups have achieved outrageous success!

BY ROXY PORTER



Courtesy WEA Music of Canada Ltd

FROZEN GHOST

These two performers, Arnold Lannier and Wolf Hassel, are members of a top recording duo with an unusual start to their new-found success.

Wolf trained to be a musician when just a child and walked away from the usual athletic activities as a teen to become the "ultimate" musician. He has a flare for jazz and loves experimenting with bizarre tunes.

On the other hand, Arnie, who is completely self-taught on keyboards and was a high school athlete of the year, dreamed of being a professional football player.

The two make quite a team now but it wasn't easy!

In January, 1986, the duo started recording 40 of Arnie's tunes in what was warmly known as "Arnyard Studios" — Arnie's garage. The task before them would end up to be their most challenging and successful venture. Arnie had never sung professionally and neither had ever produced an album.

Their first hit single, "What I Hear," has been on the charts for months, and their singles "Promises" and "Yum Bai Ya" have been coming on strong. The duo has been signed to tour with Howard Jones for 40 North American concerts. To top it off, their album has been steadily climbing the U.S. radio charts.

Well-deserved rewards for two very determined and dynamic Canadians.



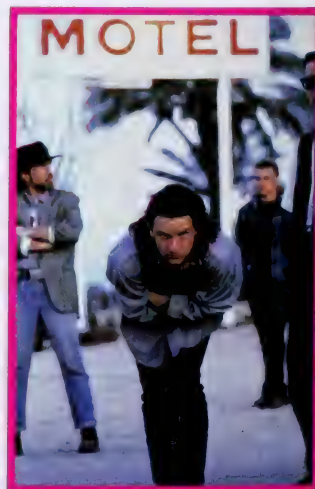
U2

HOT ON TOP

U2 has quickly become the rock phenomenon of the year. Their top 10 album, *The Joshua Tree*, is zooming toward No. 1 as is their **hot** single, "With or Without You."

The four band members, lead singer Bono (Paul Hewson), guitarist The Edge (Dave Evans), bassist Adam Clayton and drummer Larry Mullen Jr., who are all from Ireland, formed a rock 'n roll group in the late 1970s. They were friends who maintained a close relationship through some of the tougher years when their earlier albums were not quite as successful.

But they are on top now with a sold-out concert tour which is the hottest since Bruce Springsteen's in 1985. Watch for their Alberta appearance coming soon!



Courtesy of MCA Records (Canada)

He's one of the hottest performers in the world of rock and roll these days.

But he's still the guy next door who used to wash dishes for a living while singing with the group, Sweeney Todd.

A & M Records of Canada signed Adams to a songwriting deal which led to his 1980 albums, *Bryan Adams* and *You Want It, You Got It*, with its hit singles "Lonely Nights" and "Coming Home."



By early 1983, Adams had produced his third album, *Cuts Like a Knife* with the hit single of the same name. The world took notice.

Reckless was released in 1985 and quickly sold over 750,000 copies making it the all-time best-selling album by a Canadian. Five singles were released from the album, including "Run To You," "Someday," "Heaven," "Summer of '69," and "One Night Love Affair."

His 1986 tour with Tina Turner resulted in "It's Only Love," during 57 European performances.

Next, Adams co-wrote and appeared in "Tears Are Not Enough" to raise money for Ethiopian famine relief. The song was later included on the American *We Are The World* fund-raising album.

Adams, who still describes himself as a "hoser" from North Vancouver, holds a record for Juno Award nominations – seven in five categories. He won four in 1984 for Best Album (*Cuts Like A Knife*), Best Songwriter, Best Producer and Best Male Vocalist.

His most recent album, *Into The Fire*, is a 10-song collection that reflects a more mature Adams. But it is a style that continues to hit high on the charts year after year.

Courtesy A&M Records of Canada Ltd.



BRYAN ADAMS

During the past three years the Parachute Club has escalated into one of the most exciting bands around.

Head singer Lorraine Segato teamed up with John Oates on a great ballad, "Love is Fire," which vaulted their album *Small Victories* to the top of the charts. Five of the songs on the album were produced and/or co-written by Oates, who is well-known for his rhythm 'n blues style.

It's their third and best album to date following their Parachute Club album and hit single, "Rise Up" and "At the Feet of the Moon" with its single of the same name.

All three albums reflect the Parachute Club's unique style of sizzling, third-world rhythms and melodies which have led to their great success.

NOWHERE TO GO BUT UP –

THE PARACHUTE CLUB



Courtesy of RCA Inc. Records & Tapes

DRUGS AND YOU

THE BEST PARTY OF THE SUMMER

BY KEITH WALLS

The August long weekend dance at the lake had gone down in history as the best of the summer for years. Everyone wanted to be there. But the logistics were difficult. I remember the summer at the end of Grade 9....

My parents were going to my grandmother's house, leaving on Friday after work. I had a part-time job which meant I could not go. My friend Mike and I arranged to spend the weekend at the lake with Gord's family - which was true except that Gord's mom and dad both worked on Saturday and would not come out until Sunday morning. Mike, Gord and I got a ride out on Saturday after Claude promised to cut the grass at his cottage and wash his car.

By afternoon we had deceived half the people we knew in the city and had begged and groveled to the other half. But we were where we wanted to be, or within five miles of the site of the best party of the summer. (You have to remember that this took place before metric measurement in Canada, when parents could still be fooled.)

After cutting a lawn the size of a football field with a push mower and washing Claude's car of a similar dimension, we were hot, in the golden stillness of the late afternoon, we

plunged into the lake. I can almost feel the cool water and hear the laughter now.

We got to the dance feeling a little intimidated by the older kids, the tough guys with a chippy attitude looking for a chance to fight. I did not want to be the chance these brutes were looking for. I asked dozens of girls to dance and most of them declined my offer.

I remember the sound of kids laughing, names called in the darkness, the roar of cars, and the dust rising through car headlights. We played pinball, drank pop and ate chocolate bars, listened to the music and watched what was happening.

Looking back on the best party of the summer I can't say I had all that much fun, but it was fascinating. Here are a few (practical!) tips that helped me survive those great summer parties:

1. Don't be the star of the funniest story of the weekend. You know how it is kind of interesting or funny when you hear about how someone did something weird, gross or stupid at the party? It is a whole lot less interesting when you are the central character. This sort of story travels across town faster than a stiff breeze. If the story is good enough, people will be telling it at your class reunion in 2007. There are social consequences of drinking too much.

2. Don't let anyone drive over your foot. That goes for other parts of your body as well.

Everyone has heard the story of the kid who passed out in the tall grass behind his best friend's car. Having fun and taking risks are often closely connected. Your personal safety and the safety of your friends has to be part of a good party.

3. Having fun vs. getting drunk. People will think you are drunk when you are really just having fun. And tomorrow when they are definitely not having fun, you can still have fun. In fact, it is more fun to have fun when they feel really sick.

4. Pay attention to how you feel. Sweaty palms, a fluttery feeling in your chest, butterflies in your stomach, these often go with excitement and nervousness. You may feel much the same way before a big date or a final exam. It may even help you come up with the answers on your exam and enjoy your date. Sometimes these feelings are overwhelming. You may want to relax, settle down. A little exercise will do it - dancing, maybe, or walking. A few minutes of quiet may help too.

5. Use the buddy system. At a party, he or she can be invaluable. Make sure that your buddy takes an active interest in your best interest and you take an interest in your buddy's. That is what friends are for.



GRABINSKY

BY CHRISTOPHER HEATHERINGTON



YOU PROBABLY THINK I'M REALLY BORED SITTING HERE ALONE ON A FRIDAY NIGHT, BUT ANY SECOND NOW THIS PHONE WILL RING...



AND IT COULD CHANGE MY LIFE FOREVER!



HAH! THE JOKE'S ON THEM! I ALREADY WON THAT LAST WEEK!

YOU ASKED

Q: My friend likes this guy and she kept telling me about him and now I have a crush on him. She goes around school and tells people I'm madly in love with him when it's really her. And I tell them she's lying, then she denies it. What should I do?

C.M., Fort Macleod

A: Close friends often share similar tastes and interests, which can sometimes lead to competition. Before you let yourself get caught up in this, don't lose sight of what's really important here – your friendship. Your friend is probably hurt that she confided in you and now you're interested in the same person. You should both respect the ability to keep confidences private. Talking to other people about this can only lead to misunderstandings. If you really do like this guy, it's worth giving it a little time. You may find that both you and your friend have gotten so caught up in competing that what you're competing over isn't worth it!

Q: How do you get someone to notice you if they think of you only as a distant friend and they like someone else?

L.W., Lougheed

A: The important thing to remember when you want to be attractive to someone is to value what you have to offer. If you're relatively self-confident, willing to take risks and have your own ideas, you'll bring more to any relationship. Since you're already acquaintances, try doing some of the things you enjoy together – school activities, sports – on a relaxed, casual basis. Things will develop naturally, and you get to know each other better and you won't set yourself up in competition with the girl he already likes. Even if he continues to date her, remember everyone has something different to offer – it's not a matter of who's the best, or who won.

Q: If someone is extra shy and you're pretty sure he likes you, how do you get him to ask you out on a date?

W.D., Calgary

A: Arrange to get together in a group, or join some school committees he's involved in. Once you have something in common and you get to know each other better, he will probably be more relaxed. Then ask him to join you in an activity you both will enjoy.

Q: My dad works, and I don't get to see much of him. What can I do to spend more time with him?

G.F., Red Deer

A: First of all, let your father know that you want to spend more time together. Then settle on some time during the week when you're both free (it may mean shaking up your usual routine). Make a commitment to see a movie or go to a sports event together or take a hand in each other's hobbies. Once you're more involved in each other's lives, you may find you're spending more time together naturally.

BY ELIZABETH DAWSON

• I'M TAKING IT STRAIGHT TO THE TOP
I KNOW WHERE I'M GOING
I DON'T SEE A REASON TO STOP
– Recorded by Paul Young
Written by Paul Young, I. Kewley

LAST WORDS

LOTS OF FUN

Dear ZOOT:

Hi! Great mag! I just love reading magazines (especially yours). One thing I really like about your magazines is they're not full of garbage and there are lots of fun articles to read, not just all posters. I mean, I like posters and everything but some magazines get a little out of hand. So just keep it up, or I mean please keep good old ZOOT just the way it is. I love it all!

K.M., Caroline

A LITTLE NOTE

Hey ZOOT:

I just thought I'd write you a little note on how truly hip your mag is. It makes me feel important that you care so much about teens everywhere. There's just one thing though, MAKE IT BIGGER. Thanks again.

C.M., Sylvan Lake

PASS IT ON!

Dear ZOOT:

I just got your magazine today and I like it so much that I want to be on your mailing list! I am currently getting ZOOT from some other guy that used to live here. I love your articles and posters

that you guys put in this magazine! It shows me that there is someone out there who understands teens! I love you and keep up the excellent job!

A.Y., Edmonton

CHILDISH INTELLIGENCE

Dear ZOOT:

I was reading the January issue of ZOOT. I totally agree with the guy because if you take a good look throughout this mag, you'll see that this should be made for children from the ages 2-4. It has nothing to do with young people 12-17. I feel that the editors, writers, interviewers and illustrators have all the same childish intelligence.

B.K., Fort Saskatchewan

TERRIFIC

Dear ZOOT:

I received your magazine a few days ago and I think it's terrific. My favorite article was "Celebrating Deviants." I find it interesting that being deviant is "not being one of the crowd." I never knew what deviance was before I read the article. The poster is terrific too! The articles on nutrition and health are a good idea especially since many teens don't eat properly.

T.G., Edmonton

STRAIGHT STUFF

STRAIGHT STUFF FOR TEENS

Straight Stuff is a new, free resource package for teens from AADAC. The six articles present a unique, thought-provoking perspective on alcohol, tobacco and other drugs. A discussion guide is available.

Give it to me Straight!

Name: _____

Address: _____

Postal Code: _____

MAIL TO: Straight Stuff
AADAC
7th Floor, 10909 Jasper Avenue
Edmonton, Alberta
T5M 3J9



AN AGENCY OF THE GOVERNMENT OF ALBERTA

PHOTO: ALL-SPORT/STEVE POWELL

LAST SCENE



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class

En nombre
troisième
classe

4180

Edmonton, Alberta

IF IT'S THE TRUTH THAT YOU'RE LOOKING TO FIND,
IT'S NOWHERE OUTSIDE OF YOUR MIND.

Recorded by Cyndi Lauper
Written by Essra Mohawk